



Crunchy-Topped Strawberry-Kiwi Parfaits



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



161 kcal

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 2 cups corn flakes/bran flakes
- ☐ 2 medium kiwi fruit peeled cut into chunks
- ☐ 1.5 cups peaches fat free 99% yoplait® (from 2-lb container)
- ☐ 1 cup strawberries fresh sliced

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F.
- ☐ Place cereal and almonds in ungreased 13x9-inch pan.
- ☐ Bake 6 to 10 minutes, stirring occasionally, until light brown. Cool about 5 minutes.
- ☐ In each of 4 parfait glasses, alternate layers of yogurt, strawberries, kiwifruit and toasted cereal and almond mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.79, Glycemic Load:14.49, Inflammation Score:-8, Nutrition Score:20.9308698281%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 161.06kcal (8.05%), Fat: 3.75g (5.77%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 24.98g (9.08%), Sugar: 14.67g (16.3%), Cholesterol: 0mg (0%), Sodium: 118.2mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin C: 57.52mg (69.73%), Manganese: 1.06mg (53.19%),

Folate: 159.87µg (39.97%), Iron: 6.27mg (34.81%), Fiber: 7.33g (29.32%), Vitamin B2: 0.38mg (22.51%), Vitamin B3: 4.32mg (21.6%), Vitamin B1: 0.31mg (20.44%), Vitamin B6: 0.41mg (20.35%), Vitamin K: 21.14µg (20.13%), Magnesium: 77.9mg (19.48%), Vitamin E: 2.74mg (18.29%), Selenium: 12.18µg (17.4%), Vitamin B12: 1µg (16.67%), Phosphorus: 154.27mg (15.43%), Vitamin A: 732.23IU (14.64%), Copper: 0.28mg (14.13%), Potassium: 364.37mg (10.41%), Zinc: 1.43mg (9.51%), Calcium: 48.26mg (4.83%), Vitamin D: 0.66µg (4.4%), Vitamin B5: 0.42mg (4.17%)